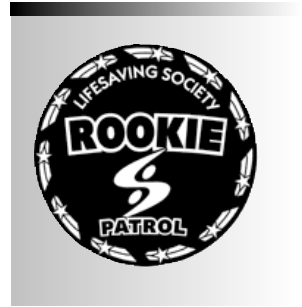


Rookie Patrol

At-a-glance



The Canadian Swim Patrol program provides enriched training for those who are ready to go beyond learn-to-swim. Swim Patrol's three levels – Rookie, Ranger, and Star – continue to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Society's Bronze medal awards.

Rookie Patrol features development of front crawl, back crawl and breaststroke over 50 m each, timed 100 m swims, and 350 m workouts. A work-hard/play-hard approach develops swimming strength and efficiency with emphasis on personal responsibility for Water Smart® behaviour.

Notes

- Teach and evaluate lifesaving knowledge in conjunction with related practical items when the candidate's performance can reveal the extent of his or her understanding.
- With reference to Lifesaving Society drowning reports, use AT LEAST ONE of the following that describes a significant drowning profile in your province or territory as the focus for Recognition & Rescue items including the situations you create for rescues:
 - **At home:** bathtub, backyard pool, pond, river
 - **In small boats:** PFDs, safe practices
 - **At the beach:** unsupervised ponds, rivers, lakes, ocean
 - **Near ice:** lakes, banks of streams, centre of river
 - **In/on cold water:** moving creeks and rivers, in small boats
- Set recognition and rescue situations in locally relevant water environments, using victim types from Victim Simulation and Avoidance (item 15). Through practical applications, train candidates how to recognize risky behaviours and risky environments, and how to use their "water smarts" to make choices that prevent drowning.
- See suggested learning activities, p. 51.

H₂O Proficiency

1. Swim 25 m or yd. head-up front crawl or breaststroke.
2. Demonstrate ready position with a stationary scull for 30 seconds.
3. Carry a 2.3 kg (5 lb.) object 15 m or yd. using swimmer's choice of lifesaving kick.
4. Demonstrate a foot-first and a head-first surface dive to a maximum depth of 2 m.
5. Demonstrate 25 m or yd. legs-only using swimmer's choice of lifesaving kick.
6. Demonstrate the ability to inflate two items of clothing and use as a buoyant assist.
7. Swim 25 m or yd. using any stroke. Demonstrate the ability to swim under an obstacle located at the halfway point.
8. Swim front crawl, back crawl, and breaststroke (50 m or yd. each).
9. Complete a 350 m or yd. workout on 3 different occasions throughout the training course. Warm-up: 100 m or yd.; Work set: 6 x 25 m or yd. any stroke on 60 sec.; Cool down: 100 m or yd.
10. Swim 100 m in 3 minutes or better (100 yd. in 2:40 min.) using any stroke or combination of strokes of the swimmer's choice.

First Aid

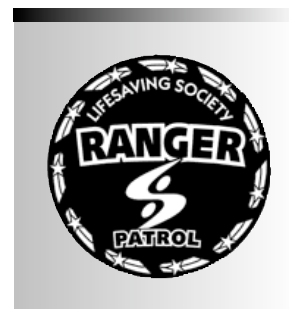
11. Demonstrate primary assessment of a conscious and cooperative victim who describes his or her chief complaint and how injury occurred.
12. Demonstrate the ability to recognize when to call EMS and how to do it.
13. Demonstrate primary assessment and appropriate care for a victim with external bleeding.

Recognition & Rescue

14. Look at the aquatic facility for 10–15 seconds. Turn and describe what you saw.
15. a) Demonstrate ability to simulate in the water the appearance of a weak swimmer and a non-swimmer.
b) Demonstrate ability to recognize the difference between a weak swimmer and non-swimmer.
16. From a standing position on land, throw a buoyant aid with line to hit a target on the surface of the water as many times as possible within 30 seconds.

Ranger Patrol

At-a-glance



The Canadian Swim Patrol program provides enriched training for those who are ready to go beyond learn-to-swim. Swim Patrol's three levels – Rookie, Ranger, and Star – continue to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Society's Bronze medal awards.

Ranger Patrol features development of front crawl, back crawl and breaststroke over 75 m each, a 100 m lifesaving medley and timed 200 m swims.

Notes

- Teach and evaluate lifesaving knowledge in conjunction with related practical items when the candidate's performance can reveal the extent of his or her understanding.
- With reference to Lifesaving Society drowning reports, use AT LEAST TWO of the following that describe a significant drowning profile in your province or territory as the focus for Recognition & Rescue items including the situations you create for rescues:
 - **At home:** bathtub, backyard pool, pond, river
 - **In small boats:** PFDs, safe practices
 - **At the beach:** unsupervised ponds, rivers, lakes, ocean
 - **Near ice:** lakes, banks of streams, centre of river
 - **In/on cold water:** moving creeks and rivers, in small boats
- Set recognition and rescue situations in locally relevant water environments, using victim types from Victim Simulation and Avoidance (item 13). Through practical applications, train candidates how to recognize risky behaviours and risky environments, and how to use their "water smarts" to make choices that prevent drowning.
- See suggested learning activities, p. 51.

H₂O Proficiency

1. Demonstrate 1 forward AND 1 backward somersault in the water as a continuous sequence.
2. Stride entry and swim 25 m or yd. head-up front crawl or breaststroke. Assume ready position.
3. Demonstrate 25 m or yd. eggbeater kick on back.
4. Support a 2.3 kg (5 lb.) object for at least 1 minute in deep water.
5. Head-up approach into surface dive to a maximum depth of 2 m. Swim underwater for at least 2–3 m or yd. to recover a small object. Surface and carry object to starting point.
6. Demonstrate an assisted removal of a conscious victim.
7. Swim front crawl, back crawl, and breaststroke (75 m or yd. each).
8. Swim a 100 m or yd. individual medley as follows: 25 m or yd. each of lifesaving kick, back crawl, breaststroke, front crawl.
9. Swim 200 m in 6 minutes or better (200 yd. in 5:20 min.) using any stroke or combination of strokes of the swimmer's choice.

First Aid

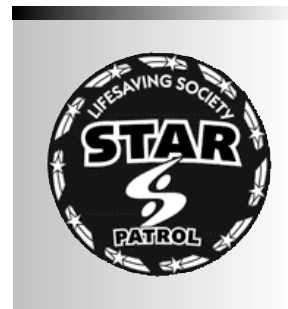
10. Demonstrate a primary assessment including hazards and ABCs on an unconscious, breathing victim.
11. Demonstrate emergency care for a victim in shock.
12. Simulate the appearance and treatment of a conscious adult or child victim with an obstructed airway.

Recognition & Rescue

13. a) Demonstrate ability to simulate in the water the appearance of a weak swimmer, a non-swimmer and an unconscious victim.
b) Demonstrate ability to recognize the difference between a weak swimmer and non-swimmer, and to recognize the unconscious victim.
c) Demonstrate the ability to recognize and avoid victims who present a danger to the rescuer.
14. Perform a non-contact rescue using a buoyant aid. Approach 20 m or yd. and encourage victim to safety while maintaining a safe distance and calling for assistance. Rescuer performs appropriate follow-up procedures, including treatment for shock.

Star Patrol

At-a-glance



The Canadian Swim Patrol program provides enriched training for those who are ready to go beyond learn-to-swim. Swim Patrol's three levels – Rookie, Ranger, and Star – continue to develop participants' swim strokes and provide the skill foundation that prepares them for success in the Society's Bronze medal awards.

Star Patrol demands good physical conditioning and lifesaving judgment. Participants develop lifesaving and first aid skills; further refine front crawl, back crawl and breaststroke over 100 m each; and complete 600 m workouts and 300 m timed swims.

Notes

- Teach and evaluate lifesaving knowledge in conjunction with related practical items when the candidate's performance can reveal the extent of his or her understanding.
- With reference to Lifesaving Society drowning reports, use AT LEAST THREE of the following that describe a significant drowning profile in your province or territory as the focus for Recognition & Rescue items including the situations you create for rescues:
 - **At home:** bathtub, backyard pool, pond, river
 - **In small boats:** PFDs, safe practices
 - **At the beach:** unsupervised ponds, rivers, lakes, ocean
 - **Near ice:** lakes, banks of streams, centre of river
 - **In/on cold water:** moving creeks and rivers, in small boats
- Set recognition and rescue situations in locally relevant water environments, using victim types identified in Star Patrol. Through practical applications, train candidates how to recognize risky behaviours and risky environments, and how to use their "water smarts" to make choices that prevent drowning.
- See suggested learning activities, p. 51.

H₂O Proficiency

1. Demonstrate AT LEAST TWO different entries with different aids.
2. Entry with aid and swim 25 m or yd. head-up front crawl or breaststroke. Assume ready position and demonstrate ability to scull forward, backward and turn.
3. Demonstrate defence methods from the front, side and rear.
4. Demonstrate eggbeater kick showing ability to travel, change direction and height levels.
5. Carry a 4.5 kg (10 lb.) object 25 m or yd. using swimmer's choice of lifesaving kick.
6. Demonstrate the removal of an unconscious victim with the assistance of an untrained bystander.
7. Head-up approach into head-first surface dive to a maximum depth of 2 m. Swim underwater for 5–10 m or yd. and surface. Foot-first surface dive (maximum depth 2 m), recover an object and return it to the starting point.
8. Demonstrate in shallow water, the ability to turn a victim face-up and support the face above the surface.
9. Swim front crawl, back crawl, and breaststroke (100 m or yd. each).
10. Complete a 600 m or yd. workout at least 3 times during the training course. Warm-up: 25 m or yd. lifesaving kick, and 50 m or yd. each of back crawl, breaststroke, front crawl; Stroke drills: 5 x 25 m or yd.; Work set: 4 x 50 m or yd. on 90 sec.; Cool down: 100 m or yd.
11. Swim 300 m in 9 minutes or better (300 yd. in 8:00 min.) using any stroke or combination of strokes of the swimmer's choice.

First Aid

12. Demonstrate the recognition and care of a bone or joint injury.
13. Demonstrate the recognition and care of a victim suffering respiratory distress from asthma or a severe allergic reaction.

Recognition & Rescue

14. From 3 different heights or positions, locate and describe an object located on the bottom or below the surface.
15. Perform a rescue of a weak swimmer or non-swimmer with a towing aid. Swim approach 20 m or yd. and tow victim to safety showing ability to avoid contact. Rescuer performs appropriate follow up procedures, including treatment for shock.